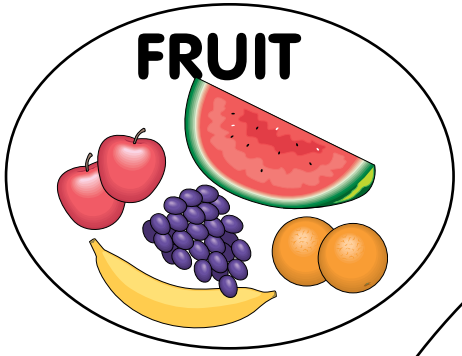
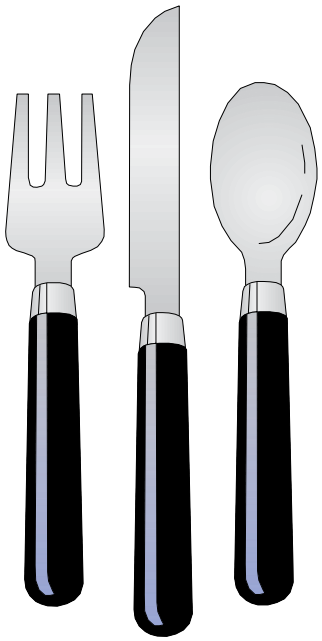
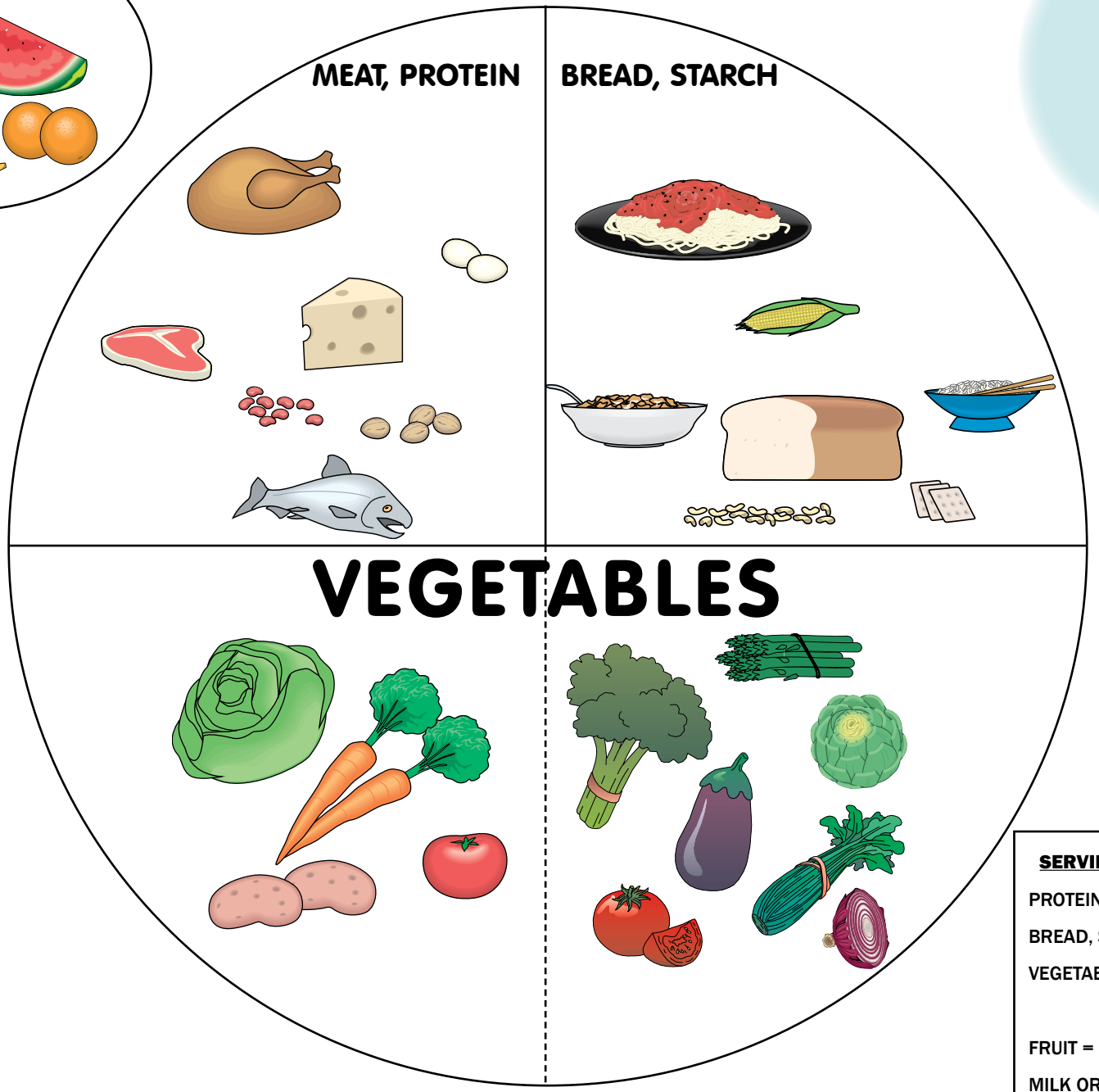
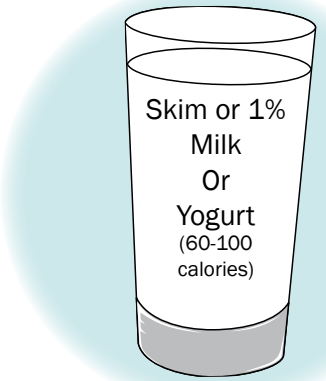
The Plate Model









LUNCH OR DINNER

SERVINGS AT LUNCH AND DINNER

PROTEIN = 2 - 3 OUNCES

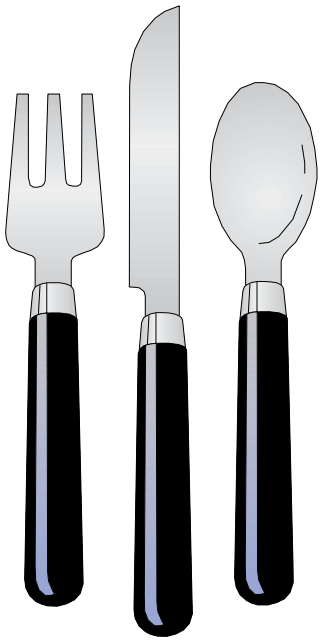
BREAD, STARCH = 1/2 CUP OR 1 SLICE

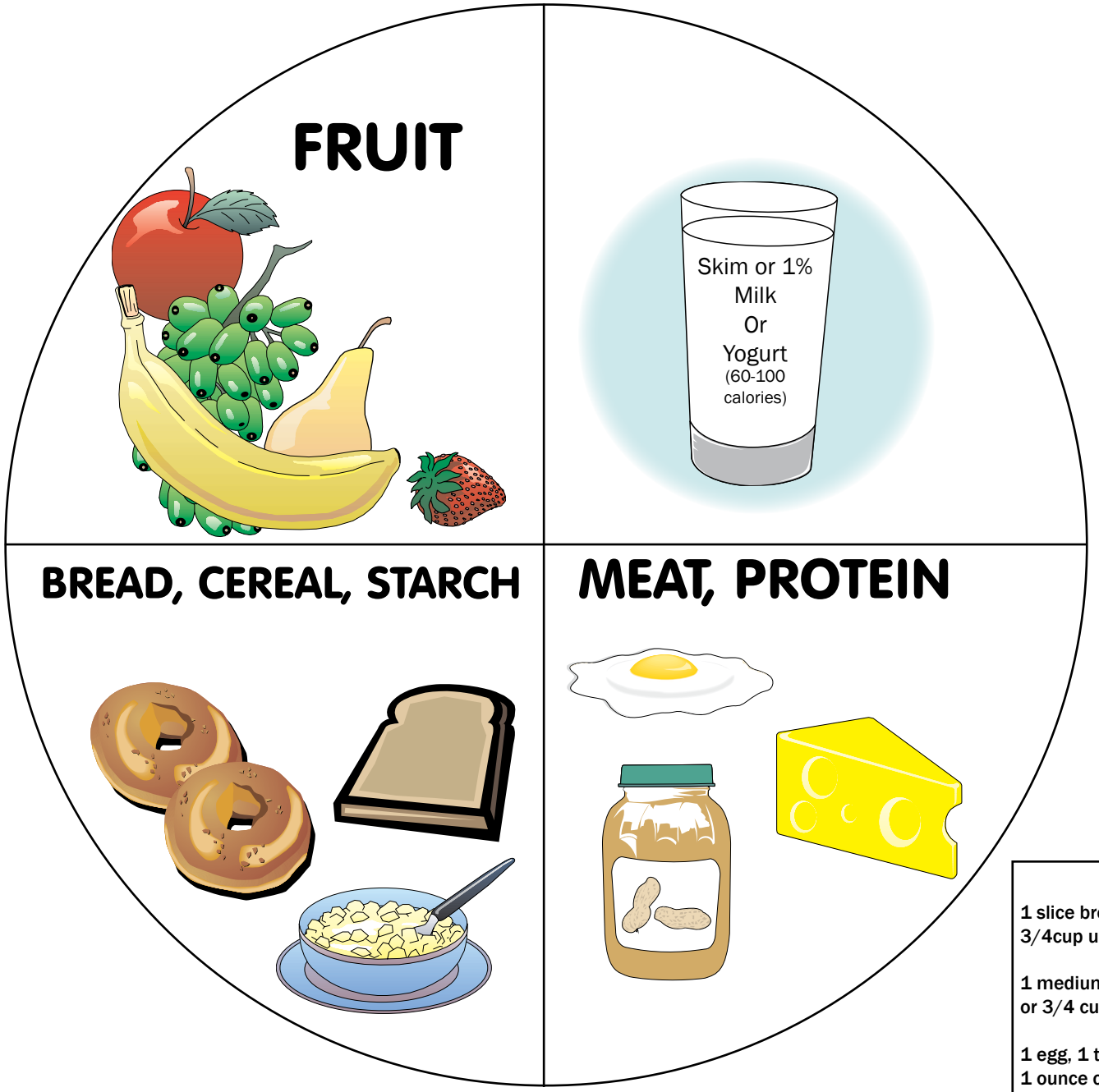
VEGETABLES = 1/2 CUP COOKED OR
1 CUP UNCOOKED

FRUIT = 1/2 CUP OR 1 SMALL FRESH

MILK OR YOGURT = 1 CUP

The Plate Model





BREAKFAST

SERVINGS SIZES

1 slice bread, 1/2 cup cooked cereal, 3/4cup unsweetened cereal

1 medium fruit, 1/2 cup unsweetened, or 3/4 cup 100% juice

1 egg, 1 tablespoon peanut butter, 1 ounce cheese, 1 oz lean meat